

Piercing Aftercare Information

How your piercing heals is 100% up to you. (More info on back)

Body piercings need to be cleaned once or twice daily, every day, for the entire initial healing time (6-8 weeks). Most people clean in the morning and at night, while in the shower. Do not clean more often as this can irritate your piercing, and possibly delay your healing. For once-a-day cleanings, do it at the end of your day. Optimal frequency will depend on your skin sensitivity, activity level, and environmental factors.

- Before cleaning, wash hands thoroughly with liquid antibacterial soap (Dial Gold) and hot water. If you wish, you may wear disposable latex or vinyl gloves and/or use a hand sanitizing gel. Never touch a healing piercing with dirty hands. This is VITAL for avoiding infections.
- Prepare the area for the cleansing by rinsing or soaking with warm water and be sure to remove any stubborn crust using a cotton swab and warm water. Never pick with fingernails!
- Apply a small handful of cleaning solution to the area with your clean hands. Cleanse the area and the jewelry, and gently rotate the jewelry back and forth a few times to work the solution to the inside (you do not need to rotate your jewelry during the first 3 days).
- Allow the solution to cleanse there for a minute. You may bathe normally, just don't purposely work anything other than the cleanser onto the inside of the piercing.
- Rinse the area thoroughly under running water, while rotating the jewelry back and forth to completely remove the cleanser from the inside and outside of the piercing.
- Gently pat dry with disposable paper products such as paper towels (cloths or towels can harbor bacteria). Please try to be patient. Each body is unique, and healing times can vary considerably. If your piercing is tender or secreting, you should continue the care regiment, even if it is past the stated average healing time range.
- For oral piercings, anytime after you eat and drink a full meal, or after smoking, you should rinse with a solution with ½ alcohol-free mouthwash and ½ water.
- DO NOT USE: Alcohol, ointments, creams, hand sanitizers, Neosporin, etc.
- Check your jewelry daily to make sure it has not come loose. If your jewelry falls out, contact us immediately and we will try to put it back in for a small supply fee.
- Do not attempt to change out your jewelry within the first 6-8 weeks. A good rule is that once you have surpassed the 6-8 week mark, and all tenderness is gone, you are then ready to change your jewelry.



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General Aftercare & What to Expect

- Chemicals WILL NOT make you heal faster! Quite the opposite in fact. Chemicals of any kind will upset the balance within your newly forming cells and create a condition in which your piercing will heal tremendously slow, if ever. Unscented antibacterial soap and/or sea salt solutions are all you need!
- Q-tips are a very handy solution to have around! They are easy to carry around in a small sandwich bag, and great to use when you have to clean throughout the day but can't get to a shower.
- Remember: NEVER CLEAN A PIERCING DRY! Always soak it with warm water and dial soap, and then clean it with a fresh q-tip. Paper towels and cotton balls are a great way to soak the piercing to dissolve any "crusty" substances that may have formed around the piercing. Let it sit for about 2 minutes.
- For oral piercings: Avoid foods that are hot in temperature (such as soup), spicy (such as hot sauce, peppers), or things that can wrap around the jewelry (such as pasta, noodles), as these things can irritate the piercing and cause swelling. If you smoke, do not do so within the 2 hours of any piercing, preferably an entire day.
- Bleeding, bruising, discoloration and/or swelling are not uncommon. Any skin, including a new piercing can bleed or bruise. Taking anti-inflammatory products such as Advil or Motrin can help minimize swelling.
- Tenderness or discomfort in the area of a new piercing is not uncommon. Stinging, burning, aching, or other unpleasant sensations can last for several days or longer. During healing, there may be some itching. Proper aftercare techniques will minimize all of the above-mentioned symptoms.
- Secretion of a fluid that contains blood plasma, lymph, and dead cells is also common. It is a fairly liquid, white or yellow fluid that forms a crust on the openings of a piercing. This is not pus, it indicates continual healing.
- Piercings have a tendency to go through a series of "ups and downs." It may seem healed, and then regress. Try to be patient and keep cleaning the piercing during the entire initial healing time, even if the piercing seems healed.
- Don't over clean your piercing. Cleaning more often than once or twice a day can delay your healing and irritate your piercing.
- Do not use a band-aid on a healing piercing. They limit air circulation and the adhesive can irritate the surrounding area.

